

to add to it continually, as he did in fact instead of paying it. (To Albert Gallatin, 1802. F. VIII., 140.)

HEALTH.—I should have performed the office of but half a friend were I to confine myself to the improvement of the mind only. Knowledge indeed is a desirable, a lovely possession, but I do not scruple to say that health is more so. It is of little consequence to store the mind with science if the body be permitted to become debilitated. If the body be feeble, the mind will not be strong¹. The sovereign invigorator of the body is exercise and of all exercises, walking is the best. (To Thomas Mann Randolph, 1786. F. IV., 293.)

HEALTH.—An attention to health should take place of every other object. The time necessary to secure this by active exercises, should be devoted to it in preference to every other pursuit. I know the difficulty with which a studious man tears himself from his studies at any given moment of the day. But his happiness and that of his family depend on it. The most uninformed mind with a healthy body, is happier than the wisest valetudinarian. (To Thomas Mann Randolph, 1787. F. IV., 406.)

HISTORY.—The most effectual means of preventing tyranny is to illuminate, as far as practicable, the minds of the people at large, and more especially to give them knowledge of those facts, which history exhibiteth, that possessed thereby of the experience of other ages and countries, they may be able to know ambition under all its shapes, and prompt to exert their natural powers to defeat its purposes. (From a Bill for the Diffusion of Knowledge, 1779. F. II., 221.)

HISTORY.—But of all the views of this law relating to popular education none is more important, none more legitimate, than that of rendering the people the safe, as they are the ultimate, guardians of their own liberties. For this purpose the reading¹ in the 'first stage, where they will receive their whole education, is proposed to be chiefly historical. History, by apprising them of the past, will enable them to judge of the future; it will avail them of the experience of other times and other nations; . ' will qualify them as judges of the actions and designs of men;